

# EXSP Performance Expo

## June 8<sup>th</sup>

**Explosive Sports Performance (EXSP)** is hosting an open house for all athletes, coaches, and parents - Come and learn what **EXSP** has to offer.

Learn how to take your performance to a whole new level.

For over 10 years, **EXSP** has been training athletes and teams to

**Unleash Their Potential**

in *speed, strength, power and explosion*

In addition to personalized training, we work with teams to implement individualized training programs designed to give them the competitive advantage over their opponents.

We help them become *stronger, healthier and better conditioned.*

We are the only local facility that, through our training programs, has helped:

- ✓ *Numerous teams win state titles*
- ✓ *Over 60 athletes receive Division 1 Scholarships*
- ✓ *Over 10 individuals take their ability to the professional rank*

### Performance Expo Event Schedule:

8:00-8:45am ~ Boot Camp

9:00-9:30am ~ Use Therabands to improve your arm and leg strength for throwing and kicking

9:45-10:15am ~ 40 yard dash technique training

10:15-10:45am ~ Learn what it takes to develop a greater vertical jump

10:30-11:00am ~ Booty Barre Demo

11:15am ~ Alpha Dog

### **EXSP Alpha Dog Challenge**

Athletes will compete in four different events designed to push you to the limit in strength, speed and endurance. See who will take home the prize for and title of **EXSP Alpha Dog**

Go to [www.exsp.biz](http://www.exsp.biz) for more information

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